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NEWS FROM NURSING

Bureau of Nursing, Montana Department of Health and Environmental Sciences, Helena, Montana 59601

January, 1979 No. 24

PRAYER FOR A NEW YEAR

Instead of anger
Let me feel
Compassion.

Instead of rage
Let me show
Concern.

Instead of hate
Let me seek
Change.

For, if
To a warring, wondering world
Each of us will bring

Compassion
Concern
Change,

Then perhaps there will be
Love.

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A N N O U N C I N G

N
N Nursing Care Planning in Home Health
O Agencies
U
N * When : February 2, 1979
G
I * Where: Ramada Inn, Butte, MT
N
G * Time: 9:30 a.m. - 4:00 p.m.
* No host luncheon at noon

* Faculty: Eunice Kelly, R.N., M.P.H.
Marie Brazier, R.N., B.S.N.E.

* Sponsors: Bureau of Nursing
Area V Home Health Agency
Silver Bow Home Health Agency

* Fee - none

* Agenda - see page 2

In This Issue

* Workshop information
* Lots of CE Happenings!!
* Results of a survey about Montana community health nurses
* Some considerations for New Year's Resolutions

Application for: "Nursing Care Planning in Home Health Agencies"

Name _____

Home Address _____

_____

Employing Agency _____

Work Address _____

_____

Position _____

Will you apply for CEARP contact hours?

____ Yes ____ No

Telephone (home) _____

Telephone (work) _____

Return to: Bureau of Nursing
Dept. of Health & Env. Sciences
Cogswell Building
Capitol Station
Helena, MT 59601

PRELIMINARY AGENDA

Nursing Care Planning in Home Health Agencies

* 9:30 a.m. - Registration and Coffee
* 10:00 - 12:00 - Nursing Care Planning
* 12:00 - 1:15 p.m. No host luncheon, Ramada Inn
* 1:15 p.m. - 4:00 p.m. - Nursing Care Planning
  Discharge Planning
  General Discussion
* 4:00 p.m. - Evaluation and Adjourn

Application has been made to the Montana Nurses Association for 5 contact hours under their voluntary Continuing Education Approval and Recognition Program.

Advance registration is strongly urged so that you may be assured of space and materials. Also, in the event of cancellation of the workshop we will then be able to notify you.

Advocacy Briefs is a new, quarterly newsletter published by the National Council for Homemaker-Home Health Aide Service, Inc. 67 Irving Place, 6th floor, New York, N.Y. 10003.

DUBIOUS DEFINITIONS
By. M.W. Martin

Autopsy: Remains to be seen
Band Aid: Scratch pad
Corpse: A human been
Diet: The penalty for exceeding the feed limit
Exercise: Something to do for bad breadth
Gargle: Hoarse liniment
Guilt complex: Sindrome
Labor pains: Forcing the issue
Mad money: Psychiatrist's fee
Panic: Kiss the poise good-by
Pediatrician: Bratman
Planned parenthood: Extra-sensible conception
Psychiatrist: An ambivalence chaser
Tantrums: Gripes of wrath

PROFILE

A total of 236 nurses (exclusive of Yellowstone County) are working on the local level in some aspect of community health nursing in Montana Almost half (45%) are employed by local health departments or county governments while schools and home health agencies each employ 15% of the total.

Employers of 236 Montana nurses working in some aspect of community health nursing on the local level:

Employer	Number	Percent
Health Department	112	(45%)
Home Health	38	(15%)
School	41	(15%)
Family Planning	14	(6%)
Indian Health Services	14	(6%)
Other (predominately aging)	29	(13%)
TOTAL	236	100%

One hundred thirty-nine (139) of the total nurses work in a rural setting: 38% employed by county governments; 20% by schools and 17% by home health agencies. The nearly 100 remaining nurses are employed by organized health departments.

Rural Nursing Services by Employer

Employer	Number	Percent
Health Department	52	(38%)
Home Health	23	(17%)
School	28	(20%)
Family Planning	9	(6%)
Indian Health Service	14	(11%)
Other	13	(8%)
TOTAL	139	100%

Profile, (cont)

Well over half (61%) of the nurses employed in community health nursing are over forty years of age. In the rural areas those over forty comprise 76% of the total.

Sixty-five (65%) work full-time (40 + hours) while 12% work less than 20 hours per week. Most nurses working part-time are employed by home health and aging services.

A survey of basic nursing education obtained by these 236 community health registered professional nurses indicated that 39% completed a baccalaureate degree program, 55% a diploma and 6% an associate degree program. Of those working in rural areas 69% completed a diploma program, 29% a baccalaureate degree and 2% an associate degree.

Approximately 40% of the nurses obtained their basic nursing education out of Montana while the remainder are products of Montana's schools of nursing.

HELP ONE ANOTHER

Help one another a snowflake said
As it nestled down in its fleecy bed

One of us here would not be felt
One of us here would quickly melt

But I'll help you and you help me
Then what a great white drift there'll be.

Help one another a maple spray
Said to a fellow leaf one day

The wind would dry me up here alone
And I'd be gone when day is done

But I'll help you and you help me
And then what a glorious shade there'll be.

Help one another a dew drop cried
Spying another drop close by its side

The sun would dry me up here alone
And I'd be gone ere day is done

But I'll help you and you help me
And we will build a river and run to
the sea.

Help one another a grain of sand
Said to anoter grain close at hand

The wind would carry me over the sea and
I know what would become of me

Come my brother and give me your hand
And we'll build a mountain and there
we'll stand.

Happy 1979!

Have you made your New Year's Resolutions?

If not,maybe you'll get some ideas from the following!! *

Happy New Year

1. Most Americans have unhealthy habits and live unhealthy lives.

2. More than three out of five adults are overweight.

3. Two-thirds of all American adults recognize that they would be healthier if they made some changes in their diet.

4. Only 37% of the adult population take any regular exercise.

5. Fifty-seven million people still smoke - 37% of all American adults.

6. Over half the adult population drink beer, wine or hard liquor of some kind; 16% of all adults admit that they or someone in their family drinks more than they should.

7. One third of all American adults report that they are someone in their family have experienced emotional problems, nervous conditions, etc., which has affected the physical health of the people concerned.

BUT, looking on the positive side:

1. 51%, of the American people say they are more concerned about preventive health today than they were 5 years ago.

During 1979, I will try

2. Knowledge about hypertension and its causes has increased during the past 5 years; for example,

*the number of people who recognize it is possible to have high blood pressure without obvious symptoms has increased from 30% to 57%.

* the number of people who recognize that high blood pressure can cause or contribute to other illnesses has increased from 58% to 79%.

*knowledge that excessive salt in the diet is one cause of hypertension has increased from 37% to 61%.

61% mark

There is lots more, but this may provide some basis for thinking (and modifying your resolutions!!). We'll include more at a later date.

By the end of 1979 we will

* Source of Statistical Data

Health Maintenance
A survey commissioned by the Pacific Mutual Life Insurance Company, and conducted by, Louis Harris and Associated, Inc. November, 1978.

Feb. 4

Continuing Education Happenings

The following workshops are on the tentative schedule of the Employee Relations Bureau and are open to County, State and Federal employees. Further information about any of these workshops may be obtained from the Training Coordinator at 449-3871 or by writing the Training Unit, Employee Relations Bureau, Department of Administration, Mitchell Building, Helena, MT 59601.

DATE & LOCATION	COURSE TITLE	LIMIT	COST ESTIMATE
January 22 and 23 Billings	#153 Better Records and File Management	30	$35
January 22, 23, 24 Billings	#321 Supervisory Development Workshop Series I	25	$45
January 25 and 26 Billings	#370 Assertiveness in Communications for Managers, Supervisors, Clerical and Professional Staff	20	$35
February 13, 14, 15 Helena	#322 Supervisory Development Series II	20	$35
February 21, 22, 23 Helena	#371 Understanding and Managing Human Behavior	20	$40
February 26 and 27 Helena	#470 Assertiveness in Communications for Supervisors and Managers	20	$40
February 26, 27, 28 Helena	#225 Non-Technical Report Writing	20	$50
March 8 and 9 Helena	#300 Time Management for Supervisors and Managers	25	$45
March 13, 14, 15 Helena	#321 Supervisory Development Series I	25	$45
March 13 and 14 Helena	#153 Better Records and File Management Skills and Services	30	$35
March 15 and 16 Helena	#226 Technical Report Writing	20	$50
March 20, 21,22 Helena	#301 Selection Interviewing for Supervisors, Managers & Personnelists	20	$50

DATE & LOCATION	COURSE TITLE	LIMIT	COST ESTIMATE
March 26 and 27 Helena	#361 Workshop in Analyzing Performance Problems	25	$25
March 29 Helena	#351 The Role of Supervisors and Managers in EEO	20	$10

And More CE Happenings

1979 January	Event	Location
6-March 10	NCAST/Uof W, MSU, * Contact: Nancy Chandler, Margaret Vojnovich, MSU	Bozeman
9-12	Diabetes Education Program/St. Vincent Hospital, * Contact: Gayle Wood	Billings
10-12	Group Leadership/CEDS, * Contact: John Sullivan, CEDS (P.O. Box 7158, Missoula)	Missoula
22-26	Management Week/CEDS, * Contact: John Sullivan 22-23 Assertive Management 24 Time Management 25-26 Personnel Issues	Missoula
February		
2	Nursing Care Planning for Home Health Agencies/ Bureau of Nursing, Area V & Silver Bow Home Health Agencies, * Contact: Maxine Ferguson	Butte
12-16 (1day)	Providing Audio-Visual Emphasis to Community Nursing/Bureau of Nursing, * Contact: Maxine Ferguson	Hamilton
22-23	Cleft Palate Association Annual Meeting/ Montana Cleft Palate Association, SDH&ES, SRS, * Contact: Merle DeVoe, SDH&ES	Fairmont Hot Springs
23-24	Nursing Fair - CE Bonanza/Montana Nurses' Association, * Contact: Ed Mares, Sue Buswell	Helena
26 - March 2 (1day)	Family Centered Counseling/Bureau of Nursing, * Contact: Maxine Ferguson	Bozeman

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State Department of Health
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